

## Benefits from Quitting

### After you quit smoking:

- **In 20 minutes:** Your blood pressure drops to your pre-cigarette level.
- **In 12 Hours:** Your carbon monoxide level drops to normal.
- **In 24 Hours:** Your chance of a heart attack may decrease.
- **In 2 weeks to 3 months:** Your lung function may increase up to 30%.



- **In 1 year:** Your excess risk of developing coronary heart disease is now half the risk of a smoker.
- **In 5 years:** Your stroke risk is reduced to that of a non-smoker.
- **In 10 years:** Your lung cancer death rate is about half that of a person who continues to smoke.
- You save money by not buying cigarettes! (About \$1,500 per year for a pack-a-day smoker)

Source: American Cancer Society 2/6/2014

## Contact Information

### City Wellness Program Coordinator-

Let me know if I can assist you:

- **Keerun Kamble-** Phone: (402) 441-8042  
Email: [kkamble@lincoln.ne.gov](mailto:kkamble@lincoln.ne.gov)

### Blue Cross Blue Shield of Nebraska Coverage Assistance-

- <https://www.nebraskablue.com/>
- Member Services- Phone: (888) 592-8961

# TOBACCO CESSATION

## WELLNESS BENEFIT

from **BCBS of  
your Nebraska**

## Health Insurance

**Plan**

CITY OF  
**LINCOLN**  
NEBRASKA  
WELLNESS PROGRAM

Quitting Tobacco is not easy to do, but you don't have to do it on your own. People have used various ways to quit such as telephone quit-lines, support groups, or self-help materials. Those most often successful utilize one or more of these methods in combination with tobacco cessation products which are available through the City of Lincoln health insurance plan.

## What is my Tobacco Cessation Insurance Benefit?

City of Lincoln employees, who are members of the Blue Cross Blue Shield of Nebraska health insurance plan, can obtain certain tobacco cessation products at **no cost** with a prescription! This benefit extends to the members' dependents of all ages as well.

### To Obtain your Tobacco Cessation Products:

1. Make the decision to quit
2. Schedule an appointment with your doctor to discuss tobacco cessation products
3. Get a prescription for a tobacco cessation product- either over-the-counter (OTC) or prescription
4. Have the prescription filled by your pharmacist
5. The pharmacist will discuss the tobacco cessation product with you.

You may see this term, Nicotine Addiction Drug, on your Schedule of Benefits Summary. It's another name for tobacco cessation/quit products.



## BCBS of Nebraska Health Insurance Plan Coverage

100% covered

for FDA-approved prescription or over-the-counter tobacco cessation products with a prescription from your doctor

No cost to you!

Examples of over-the-counter drugs that are covered with a prescription:

- Nicotine Transdermal System Kit
- Nicotine Gum
- Nicotine Lozenges
- Nicotine Patch

(Available in Brand Name and Generic)

Examples of prescription drugs that are covered:

- Bupropion ER
- Chantix
- Zyban (mandatory generic penalty applies)
- Nicotrol Inhaler
- Nicotrol Nasal Spray

Tobacco quitting methods that are not covered include non-drug therapies such as support classes, hypnosis, or acupuncture.

## Additional No Cost Tobacco Cessation Resources for You or Someone You Know

- **Nebraska Tobacco Quitline**  
[quitnow.ne.gov](http://quitnow.ne.gov)
- **BCBS-NE**  
[www.Bluehealthadvantage.com](http://www.Bluehealthadvantage.com)
  - [Smokefree.gov](http://Smokefree.gov)
  - [Freedom from Smoking Online-ffsonline.org](http://FreedomfromSmokingOnline.org)
- **American Cancer Society**  
[www.cancer.org/Healthy/StayAwayfromTobacco/index](http://www.cancer.org/Healthy/StayAwayfromTobacco/index)
- **Centers for Disease Control and Prevention**  
[www.cdc.gov/tobacco/quit\\_smoking/index.htm](http://www.cdc.gov/tobacco/quit_smoking/index.htm)
- **Become an Ex**  
[www.becomeanex.org](http://www.becomeanex.org)
- **National Cancer Institute LiveHelp Service**  
<http://www.cancer.gov/global/contact>

